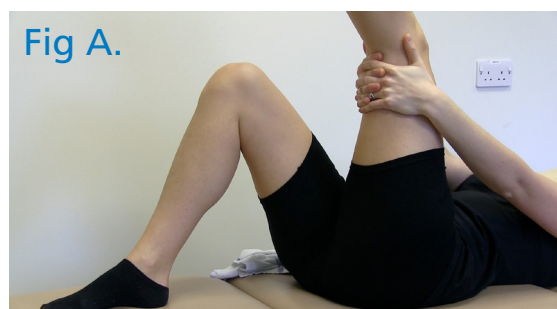


## Hamstrings stretch (1)



If you have a back problem, please ensure that you consult your physiotherapist before attempting this exercise.

Lie down on your back, on a bed or on the floor.

Bend your knees to a comfortable position.

Lift the affected leg and walk your hands up the back of your leg as you straighten your knee (Fig A).



Do not worry about how far you can get. Concentrate on the feeling of a gentle steady pull at the back of the leg.

Hold the position for a slow steady stretch (do not bounce), relax and repeat as directed by your physiotherapist.



Alternatively you can hold a towel around the leg to help you achieve the stretch (Fig B).

**Progression:** To increase and progress the stretch, the unaffected leg should be straight on the bed or floor, and repeat as above (Fig C).

For a video demonstration of this exercise please press '**Ctrl**' and click [HERE](#)



Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.